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JOURNAL



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A Message from the President

Montreal C.H.E.A. members are looking forward to meeting old friends and making new ones when you come to the annual meeting on June 21, 1965. When we chose the date we didn't think of it being the first day of summer, but we have asked for good weather . . . not too warm, and certainly not raining. There is so much to see, both old and new, that we hope to welcome many of you. We want to hear personally what is being done in the various fields of Home Economics from Newfoundland to British Columbia.

Some of you met Miss A. Ramage, Honorary Secretary of the United Kingdom Federation for Education in Home Economics, as she came across Canada. She brought the official greetings from her group to all members of C.H.E.A. She hopes that many Canadians will be attending the next International Congress on Home Economics to be held in Bristol, England, in 1968.

Plans for our own 1966 Convention are well underway. The tentative program sounds most stimulating. You will have to make choices, and will regret not being able to be in two places at one time.

To all of you, a very pleasant summer.

Norah M. Holcomb.

Getting Your Money's Worth in Clothing and Textiles

by GEORGE S. WHAM

Technical Director, Good Housekeeping Institute.

The Good Housekeeping Institute is the service arm of Good Housekeeping Magazine. It is a unique place with a unique function — the only one of its kind in the world.

Physically, it is a series of chemical, engineering and textile laboratories, of kitchens and laundries, a cosmetic center, needlework center, and children's products laboratory, with related fashion and decorating offices.

The Institute uses two distinct methods for investigating products. One is uncompromising scientific laboratory investigation based on objective measurement. The other, subjective home-use testing under the varying conditions that exist from home to home.

From our readers we receive thousands of letters each year requesting information about various products. In many of these letters one thought is evident. Women today are confused about the fabrics, garments and home furnishings they are buying because of all the new fibers, fabrics and finishes now being made. I wish to talk about three major areas, namely, stretch garments and fabrics; Wash and Wear or Easy-Care garments, and Rugs and Carpets.

Stretch Garments and Fabrics

One of the newest and most promising developments in textiles has been the introduction of stretch fabrics — not elasticized but woven fabrics which in appearance are identical to fabrics which have been woven for years, but now by new techniques have the ability to "give." This "give," or stretch and recovery property, can and does vary depending upon the yarns and/or method used to impart stretch. There are three basic types of stretch: (1) Core-Spun Stretch, (2) Twisted or textured yarn stretch and (3) Slack-mercerization stretch.

Core-Spun Stretch

Core-Spun is fast proving to be the most popular type of stretch. Yarns are spun

around spandex fiber such as Lycra or Vyrene and the amount of stretch can be controlled and usually runs from about 25 to 40 per cent, but can go much higher. This stretch runs in the filling or crosswise direction from selvege to selvege; and if vertical is desired in the garment, the fabric is turned around before cutting. The fabrics are standard — poplins, broadcloths, denims, gingham, gabardines and so on. The recovery — which is just as important as stretch — is high, nearly complete — 90 per cent and above — and the growth (fabric's tendency to creep after being subjected to the stress of stretch) is quite low in the fabrics tested. The ability to regain is important to proper fit during wear.

Twisted Yarn Stretch

Another very important type of stretch is the twisted yarn type. The stretch in the fabric is achieved by weaving or knitting non-stretch yarn with stretch nylon or by using 100 per cent stretch nylon to make a fabric. The nylon is specially processed and heat set such as Helanca process to take on properties similar to a coiled spring. The degree of stretch is controlled by and is dependent upon the other fiber or fibers used (when a blend) as well as on the twist and weave.

Slack-Mercerization Stretch

The third means of imparting stretch is through the use of mechanical means such as slack mercerization. The fabric used is usually 100 per cent cotton, though sometimes it is a blend (Dacron/cotton, Kodel/cotton, for example), and it is usually a lightweight fabric such as batiste. In simple terms, the goods are shrunk in one direction, the filling, to an extreme so it acquires a built-in tendency to stretch out again. The stretch limits of this type of stretch are low, less than 20 per cent. This type of stretch fabric is being used in some lingerie and shirting materials. Recovery is low and because of its small percentage of stretch,

in our judgment, will offer no great competition to the other two types of stretch in the sportswear field.

Stretch Fabric Requirements

We have developed the following requirements for stretch fabric. For tailored wear: a working stretch level of 20 per cent, for casual wear — 25 per cent and for active sportswear — 30 per cent. No more than 2 per cent permanent set after five launderings or drycleanings is allowed for casual and active wear; 1.5 per cent for tailored wear.

There are factors to consider other than the stretch of the fabrics. Pilling is a factor in active sportswear. Fabrics should be tested for pilling under stretch as well as in the relaxed position. They should also be tested in the wet and dry state. Yarn shifting, yarn shrinkage and seam strength are important considerations. Seam stretch should be a minimum 75 per cent to 85 per cent of the fabric stretch. To get proper stretch in seams, the manufacturer should use a chain stitch. Seams sewn with the chain stitch have greater extensibility because of the inherent elastic nature of this stitch. Over-edging exposed fabric edges will prevent fraying during laundering or drycleaning. The number of stitches per inch has a marked effect on seam extensibility. Too few stitches per inch, even with the most elastic seam stitch, may reduce seam extensibility to a dangerously low level.

Stretch Garment Design

The design of the garment especially the number of seams and even the size of the garment can have a marked effect on its stretch. For example, too many seams reduce stretch of a garment drastically.

Far more important than stretch from the consumer's standpoint is how much the garment recovers and whether the stretch and recovery property is durable for the life of the garment. It should be remembered that the consumer can determine for herself the amount of stretch at the time of purchase, if it is not what is expected, she doesn't buy the garment. But, recovery and shrinkage and lack of durability of the stretch are the hidden factors. When failures occur, returns and dissatisfaction are the result.

We have received many inquiries at the Institute about sewing on stretch fabrics. There are a few points involved which require special mention:

1. Lay fabric smoothly. Do not pull on it.
2. Cut jackets, skirts and dresses with the grain.
3. Cut pant legs and crotch slightly shorter than pattern.
4. Use 12-16 stitches per inch.
5. Never use a lock stitch.
6. Don't stretch as you stitch; let fabric glide beneath pressure foot.
7. To test for tension, sew two pieces of fabric together, stitching in same direction as stretch. Seam thread should not break when fabric is pulled to its stretch capacity.
8. Use iron-on interfacing inside buttonholes for stability.

Power Stretch

There is one other type of stretch. This is power stretch — as opposed to the action stretch. Power stretch, as the name implies, offers control as well as comfort and is the type needed in foundation garments. The fiber that has made the big difference in this area is spandex. Used bare or covered, it has made possible sheer lightweight girdles that give excellent figure control and that can be machine laundered and tumble dried. Also, it dyes readily in an array of colors. Prints are also available in foundation garments. The fact that they do not require hand washings has made them much in demand.

We have conducted more than 500 machine washing tests under severe and realistic conditions. On spandex foundations we have found that varying the type of detergent and washing temperature has no effect on whiteness retention. Sodium perborate and other all-fabric bleaches caused no appreciable loss of whiteness; hypochlorite bleach, however, caused noticeable yellowing and should be avoided.

Washing temperatures within our study did not noticeably affect shrinkage. Line drying and dryer drying at low heat settings cause less shrinkage than dryer drying at high heat. There was no noticeable loss of stretch and recovery.



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Wash and Wear

Now I would like to talk about another great textile innovation within the past decade — Wash and Wear.

At Good Housekeeping, we define a Wash and Wear garment as one that can be worn, washed and worn again with only a touch of the iron here and there. We believe that good Wash and Wear should be colorfast, shrink resistant and measure up in the other factors essential to consumer satisfaction.

How can you be sure that what you are getting is good Wash and Wear? Labels are your best guide. A good Wash and Wear garment is informatively and precisely labeled as to how it should be laundered and how much ironing, if any, is needed to restore its original appearance. If a garment is not so labeled, play safe and don't buy it. A good label lists:

1. Name of garment manufacturer.
2. Name of fabric or finish.
3. Fiber content.
4. The claim "Wash and Wear."
5. Laundering instructions.
6. Extent of ironing needed.
7. Colorfastness assurance and shrinkage resistance.

The signs of good quality the consumer should look for are:

1. Smooth seams.
2. Ample seam allowance (edges stitched if sheer).
3. Zipper plackets with no pucker.
4. Firmly stitched buttonholes.
5. Minimum of trims and frills.
6. Hems with even fullness.
7. Minimum of lining material.
8. All components of washable material.
9. A label listing manufacturer, fiber content, laundering instructions, assurance of colorfastness and shrinkage resistance.

Wash and Wear is found not only in clothing, but in home furnishings as well. We all have seen draperies, curtains and bedspreads that are sold as Wash and Wear and that require little or no ironing. Generally, Wash and Wear falls into two broad categories: cottons and rayons with a special finish and fabrics made with synthetic fibers.

Many blends of synthetic fibers with cotton or rayon are being made, but true Wash and Wear demands sufficient synthetic fibers of the right kind.

The best synthetics for Wash and Wear are the polyesters — Dacron, Fortrel, Kodel and Vycron. For good Wash and Wear performance, however, the percentage of polyester used should be at least 50 per cent. More than 50 per cent is needed if any acrylic fiber such as Acrilan, Creslan and Orlon is used to impart Wash and Wear properties. Nylon and Arnel are often found in easy-care garments. In these cases, 100 per cent nylon or Arnel in tricot or knit fabrics give the best Wash and Wear performance.

Wash and Wear Cottons

More of the new "non-resin" or "spin-dry" cottons are on the market. Wrinkle resistance is built into these cottons by treating them with agents that become an integral part of the fiber. This is not merely a surface finish; the fiber itself is changed. The result is a minimum of wrinkling even when the garment is put through the full washer cycle. "Spin-dry" cottons are not yellowed by chlorine bleaches and best news of all, shrinkage is minimal. After 25 test launderings in our laboratories, shrinkage was less than 2 per cent. Some names to look for are: BELFAST, BANCARE and PRESTWICK.

A new and interesting idea is the process for making a garment Wash and Wear. In this process, the garment is made Wash and Wear after it has been cut, sewn and pressed to shape in contrast to the usual method of treating the fabric before it is sewn. Such garments are referred to as durable press. The best of these garments have at least 50 per cent polyester in the fabric blend.

One of the main faults with cotton Wash and Wear, especially in treated garments, has been poor abrasion resistance. When a cotton fabric is treated chemically to make it wrinkle resistant, the strength is usually reduced by 30 per cent to 40 per cent. Wear-life is likewise reduced. Generally speaking, cotton Wash and Wear garments wear out faster, especially in critical areas such as cuffs, collars and creases than do synthetics.

The best Wash and Wear won't look good if it is not laundered properly. Here are 10 tips on laundering Wash and Wear garments correctly:

1. Run half a normal load.
2. Hot water for cottons; warm for synthetics and blends.
3. Chlorine bleach on new non-resin cottons; oxygen bleach on other fabrics.
4. Shorten wash cycle.
5. Use slow agitation.
6. Rinse in cool water.
7. Use water conditioner for thorough rinsing.
8. Try fabric softeners to cut static in synthetics.
9. When dryer drying, use moderate heat.
10. Remove from dryer immediately.

Rugs and Carpets

Buying a carpet is one of the home-maker's toughest chores, and this year she has more fibers, constructions and colors than ever to choose from. We have tested more than 2,000 types of carpet within the past five years at the Institute. The following chart compares properties of the major fibers — *not carpets made of these fibers.*

COMPARISON OF MAJOR CARPET FIBERS

	Wool	Nylon	Acrylic
Wear-Life	Good	Excellent	Good
Crush Resistance	Excellent	Very Good	Good
Soil Resistance	Very Good	Good	Good
Cleanability	Very Good	Very Good	Very Good
Price Range	\$10-25	\$5-15	\$10-15

How a carpet is made and the amount of fiber that goes into it are very important, no matter what the fiber content. While wool still holds its own as a major carpet fiber, textured nylons and acrylics have received wide acceptance. Newest of the acrylics is Creslan. Nylon carpets can be recognized by trade names: DuPont 501, Caprolan, Cumuloft, Enkaloft, Nyloft and Tycora.

Most major carpet manufacturers are using textured carpet nylon in making carpets. They are highly resistant to abrasion, resist pilling (this was once a problem with the first staple nylon carpets). The acrylics

are known by trade names of Acrilan, Creslan and Orlon 33. The newest fiber in carpets is polypropylene known by trade names of Herculon and Vectra. It's highly strain resistant and comparatively inexpensive.

Pile density is one of the most significant factors affecting carpet wear and appearance. Density means the amount of fiber packed into the pile — the closeness of the individual surface yarns to each other. Carpets made with a skimpy pile and too much visible backing will soon look worn regardless of the fiber. Check pile density by bending back a corner; there should be no carpet grin. Price and density go hand-in-hand. The difference between a \$5.95 and \$10.95 nylon carpet can usually be traced to the ounces of nylon per square yard in the pile. GOOD HOUSEKEEPING'S requirements for minimum ounces per square yard: Wool, Acrylic: 25; Cotton 24; nylon, polypropylene: 20; and Rayon: 30.

Color is strictly a matter of taste, but a consumer should realize that certain colors will always show soil more readily than others. Dull and dark shades hide soil best. The colors that show soil most are yellows and oranges, and the brighter the shades, the more soiled they tend to look. Dull or muted yellows and oranges will be more satisfactory. The colors with the greatest talent for concealing soil are blues, medium to deeper shades of green, greenish-blue, violet, brown, beige and gray. Muted or deep reds are better than bright tones. In the beige family the brown group will look better than rose-beige because soil tends to "gray" rose hues, noticeably changing original color.

The type of fiber in the pile is most important. Wool has for decades proved its excellence as a carpet material. But excellent or poor carpets can be made of any fiber. Carpet fibers do vary in resiliency or crush-resistance. Wool, nylon and acrylic carpets are best in this respect. Rayon and cotton are likelier to show the effects of crushing — high-cut pile more; short, dense-loop pile somewhat less.

The backing of a carpet may be jute, cotton or kraftcord; it should be firm, yet flexible. Most carpets now have a latex coating on the back. Tufted carpets have such a coating to help secure tufts; woven carpets are often given one for a cleaner, more

finished look. The best quality tufted carpets also have a scrim or lattice-like material over the regular backing which stabilizes it even further — especially important in humid climates to discourage buckling or rippling.

In large and/or busy households, select a carpet with short-to-medium height pile and looped construction. Choose one of the more resilient fibers — wool, nylon, or acrylic. But don't assume that the resiliency of a fiber is an automatic indication of how well a carpet will resist crushing. Here, again, how a carpet is made is most important. All carpeting is susceptible to staining, regardless of claims. If not given prompt attention, they can be most difficult to remove. Carpet care directly affects wear. If traffic is light in your home, less expensive carpets, not as thickly packed, may prove satisfactory.

To make sure you get your money's worth, do a little homework. Send for booklets, scan newspaper and magazine ads and mail-order catalogues for price comparisons on various types of carpets. Then, when you buy, heed these suggestions: Be skeptical about the word "FREE"! — installation, padding, etc. Chances are you'll not only pay for these, but get lower quality than you think. On package deals (one price for carpet, pad and installation) ask for individual prices. Any sales slip or contract you get should give the name of the carpet manufacturer, the trade name of the carpet, style number, color, fiber content, price per square yard and number of yards purchased. The full contract price should be shown; also installation charges and description and cost of padding, if any. Be cautious of advertising which promises to carpet any room, regardless of size, for a set price. Such ads are usually nothing but "bait." Good carpeting is sold by price per square yard. Any "bargain" should describe fiber content and price per square yard of the carpet. Get a written guarantee which states who gives the guarantee — whether dealer or manufacturer; how long and against what the carpet is guaranteed. A good guarantee will state all terms under which it is offered, such as replacement, refund, repair, etc.

The three areas I have discussed are in the forefront of a changing technology

which makes the need for an intelligent evaluation of products purchased by the consumer more important today than ever before.

How then, one may ask, can the consumer keep pace with the ever increasing number of new products offered to her in the market place? Continuing consumer education is the answer. There is no group more qualified and more dedicated to this end than the members of Home Economics Associations such as yours.

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CANADIAN HOME ECONOMICS JOURNAL

Research in Home Economics at Canadian Universities

by MARY C. HILTZ

What is meant by research in Home Economics? Perhaps the best way to answer this question is to state first of all what we mean by Home Economics. At the convention of the Canadian Home Economics Association held in Winnipeg in 1964 the following definition was accepted:

"Home Economics in the area of study that correlates the sciences and humanities concerned with food, clothing, shelter and human relations and their effective application in the family, community and world."

This "area of study" has been called by different names depending upon the interpretation placed on it by different communities. For instance "Household Science" was considered the most suitable designation by some, "Household Economics" by others and "Food Sciences" by another group. The term "Domestic Science" was used in the early days but has almost completely disappeared by now in Canada. It is interesting to note that other countries have pursued this "area of study" under different names. In India and New Zealand the term used is "Home Science." In the U.S.A. the name "Home Economics" is practically universal. Although the name has varied somewhat there is no doubt in Canada as to its real meaning—a study of the home in all its facets so as to improve family living.

As can be seen by the definition approved by the Canadian Home Economics Association research at the University level may take the form of detailed study in many different fields related to the home. The commonest divisions found in University calendars today are (1) Foods and Nutrition, (2) Clothing and Textiles, (3) Related Art, (4) Home and Family Living. Each one of these divisions has many subdivisions and research may be undertaken in any one of the subdivisions if the University has the equipment and staff to make graduate work interesting and worth while to the student.

In March 1963 the Journal printed a table showing the number of students regis-

tered in degree courses in Home Economics in Canadian universities. This table showed a total of 1,621 of whom 310 were seniors who would presumably swell the ranks of those graduating and add to the number of graduate home economists. A few of these graduates will decide to teach and so will continue their studies for 1 year at a Faculty of Education. Others will decide they want to be hospital dietitians and so go to an accredited hospital for a year's training. There are many positions waiting for professional home economists which do not require extra training. These opportunities are so attractive that only a very few who are really eager students wish to undertake research.

What research is being carried on at our universities today in this complex area of study known as Home Economics? What can we offer to the dedicated few who wish to register for graduate research at our Canadian universities? To answer these questions those universities who offer financial assistance in the form of fellowships or assistantships were asked about the progress of their research and the number of students who have graduated with advanced degrees.

There are four universities that have granted master's degrees to students with a home economics background. These four are the University of Toronto, University of Manitoba, Macdonald College, McGill University and the Université de Montréal. Of these four the University of Toronto was the first to establish a degree course, granting the Bachelor of Household Science (B.H.S.) in 1906, and so it was to be expected that they would be the first to grant a master's degree. This they did in 1920 and since that time there have been 83 graduates. Of these 63 majored in Foods and Nutrition and 20 in Textiles. The second university to establish a degree course was the University of Manitoba which granted the Bachelor of Home Economics, (B.H.E.) in 1918. This university has had 16 graduating with a master's degree, one in Economics granted in 1932, and the other 15

Data re post-graduate training in Home Economics at Canadian Universities up to 1963

Institution	Date when first undergraduate degree was granted	No. of students granted post graduate degrees	Area of Study
University of Toronto	1906	83 (masters)	Foods and Nutrition 63 Textiles 20
University of Manitoba	1918	16 (masters)	Economics 1 Nutrition 8 Textiles 7
Macdonald College McGill University	1922	24 (masters) 4 (Ph.D.)	Nutrition 23 Textiles 1
Université de Montréal	1946	12 (masters)	Nutrition 12
		Total	139

divided almost evenly between Nutrition (8) and Textiles (7). Macdonald College, McGill University granted their first undergraduate degrees in 1922. In 1943 the first master's degree was granted in Nutrition. By 1963 a total of 24 students (23 with a major in Nutrition and 1 in Textiles) received master's degrees. As well as these graduate students there were four other students who received Ph.D's in Nutrition during this period. In 1946 the Université de Montréal granted its first degrees and by 1963 there were 12 who had received the master's degree all in Nutrition. In every case these four universities granting post-graduate degrees accepted some students who had received their undergraduate training in Home Economics at other institutions. Some were from other Canadian universities while others had received their previous training in England, in China or New Zealand.

These four universities offer valuable assistantships and scholarships to those student who wish to do research. Two other universities, the University of Alberta and the University of Guelph, also offer financial assistance to the aspiring student. This should increase the number of graduate students enrolled in Canadian universities.

In the past many students who wished to do graduate work went to the U.S.A. and took advantage of the excellent facilities

available as well as the generous assistantships and fellowships granted. Now that Canadian universities are offering opportunities to do graduate work it is hoped that more students will continue their studies in Canada.

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The Study of Convenience Foods . . .

THEIR AVAILABILITY AND EXTENT OF USE IN REPRESENTATIVE FOOD SERVICE INSTITUTIONS IN MONTREAL

by SISTER MARIE-CLAIRE CHRETIEN

Professor, Institut Familial and Social, Montreal

Introduction

After visiting eight food service establishments in Montreal, it was my opinion that Montreal's operators were reluctant to use convenience foods.

The choice of the subject had been made in view of the fact that convenience foods had become popular in many food service operations in the United States in order to help solve important management problems such as rising labor cost, portion food control, and efficiency.

Definition and Method of Study

Firstly, a review of literature, published mostly within the last 5 years was made in order to establish firm foundations for the study.

Secondly, the problem was defined. The study was basically to be comprised of investigations concerning convenience foods. This would include inquiry of their availability and extent of use in representative food service institutions of Montreal, and a search for some influencing factors which might have modified in some way the trend toward increased utilization of these foods.

The basic hypothesis to be tested was that food service operators of Montreal did not use much convenience foods because: (1) the convenience foods offered on the wholesale market of Montreal did not correspond in terms of quality to the products familiar to Canadian consumers; (2) labor was available at acceptably low price rendering convenience foods less economical; (3) the layout and equipment of Montreal's institutions were not designed for use of convenience foods, but rather for preparation of fresh products on the premises; (4) the food service operators of Montreal's institutions who did not make waste and yields studies of foods purchased, and who did not control portion size of servings did not feel the need for increased utilization of convenience foods.

Some terms were defined also in order

to avoid misunderstanding. Convenience foods: to include foods which can be purchased in the following forms: partially prepared raw foods such as prepeeled potatoes; conventional processed foods such as frozen, canned, cured, or dried; single menu items; processed menu items with combination of ingredients such as cake mixes, frozen dinners; ready-to-serve items such as baked pies, and preportioned single menu items such as prepackaged individual servings of condiments and so forth.

Procedure of Investigation

The investigation began with a questionnaire sent to Montreal's operators. Forty questionnaires were completed and returned. These included approximately a third of the hospitals, hotels, and colleges of the sample, and only 4 per cent of the restaurants. This low return was because of the poor sampling. It was evident then that meager use was made of convenience foods in Montreal's food service units. However, as the factors influencing the relatively low utilization of convenience foods were not completely identified, more investigation seemed necessary. Oral inquiries were to be conducted.

Permission of all the subjects was obtained for the personal interviews. The questions were always asked in the same way in order to avoid opportunities for discrepancies in the results due to misunderstanding of the inquiries, or to the use of different words with differing connotations. Out of the 40 food service directors who completed written inquiries, 20 were interviewed. The institutions visited included: 5 hospitals, 5 hotels, 4 restaurants, and 6 colleges and industrial cafeterias.

Because the attitude of food service people and the facts recorded may have been affected by suppliers' attitude, final conclusions were not drawn until suppliers' viewpoints were known. The 10 most popular suppliers named by food service

directors were questioned. Interviews were held also with the five most popular institutional kitchen contractors mentioned by the food service operators previously questioned.

Summary of the Findings

Here are in summary, the main points of the findings. Many kinds of convenience foods were available to Montreal's food service establishments. Meat items of acceptable quality were in many cases not available. Many convenience products which were of good quality were not acceptable because of high prices. This was true especially for prepared and frozen fruits and vegetables.

The great majority of the operators questioned used only a few convenience foods regularly. The need for these products was not strongly felt in most of the food service operations because:

(1) layout and equipment were available to prepare fresh products; (2) adequate labor force was available and not too expensive; (3) control of size and cost of servings did not seem important in many establishments.

In one-fourth of the institutions surveyed, convenience foods were not used mainly because of prejudice. The preconceived ideas in the mind of operators inhibited their making unbiased studies of these products. In the mind of clientele, these ideas were manifested directly by registered complaints or indirectly by deserting the institutions. Professional prestige of chefs and cultural pattern of eating were also said to be rooted out by use of convenience foods.

Discussion and Recommendations

Even though labor cost has not been a big problem to date for many of Montreal's operators, the time is coming soon when this factor may threaten the prosperity of

food service businesses. In fact, wages have been rising regularly. The Canadian Federal Statistics showed that weekly earnings of workers have increased at a regular rate, more than 200 per cent since 1945. Figures from one representative hotel, restaurant, industrial cafeteria, and hospital also indicated a gradual wage increase. Some particular salaries had increased by 20 per cent, others by 40 per cent and still others by as much as 60 per cent in a 5-year period. There is no reason to believe that this rise will not continue in the future.

On the basis of the total findings of the study and in light of rapidly changing world conditions, some recommendations were suggested.

1. Food service operators should keep an open mind concerning the use of convenience foods. This would be important from the standpoint of possible reduced labor cost, better portion control, and better sanitary handling of certain food products. This would probably involve precise studies of quality and total cost of food (including: time, labor, equipment, space costs) for convenience foods as opposed to fresh products.

2. Since the problem of "clientele acceptance of food" was recorded by many managers, special study should be given to this factor. One procedure recommended might be the organization of taste panels among patrons of the establishments concerned.

3. Many operators engaged in the same type of institutions would profit by working together as a team to share information, to make a sounder analysis of cost, and to set up specification requirements.

4. Efficient communication between food manufacturers and the above mentioned team would be valuable to suggest improvement of the product and possibly achieve established standards of quality, quantity, and price.

Speaking of Legacies

In the past year several members and friends have intimated that they wish to make provisions for our Scholarship Fund in their wills. In order to do this the following sentence should be included in your will: "I give, devise and bequeath to the CANADIAN HOME ECONOMICS ASSOCIATION SCHOLARSHIP FUND, the sum of.....for the uses and purposes of the said Fund."

PROVINCIAL NEWS

Calgary

This year the March program of the Calgary Home Economics Association was a New Products Dinner, held at the Lions Club of Calgary, on Tuesday, March 16.

Guest speaker was Miss Freda Fitz-Patrick, who chose as her topic New Products.

Mrs. Fran Scotvold and Mrs. Sheila Kerr, co-conveners, indicate that contributing firms were most generous. In addition to sitting down to a delightful dinner of "what's new in food processes and combinations," guests received a tote bag of new products to try at home; also almost a hundred door prizes were drawn during the evening. All were given the opportunity to view the exhibits on display prior to and following the dinner. This was a worthwhile project for us all to participate in, as all proceeds went to the Scholarship Fund.

New Brunswick

The Home Economics Society of Mount Allison, which is composed of all undergraduate Home Economics students, sponsored a reunion of "old grads" recently at the University. A full day's program was provided and over 100 former graduates from widely scattered areas in Canada attended.

The reunion was planned in honor of Dr. Doris Runciman and Professor Christine Cavanagh, who for many years have taught in the Home Economics Faculty of the "Massey Treble School of Home Economics" founded over 60 years ago by Lillian Massey Treble. Dr. Runciman has been Head of the Home Economics Department for 35 years and Professor Cavanagh has been in charge of the Clothing and Textiles Classes for 16 years.

The climax of the day was the banquet in the West dining room of Trueman House where over 200 former graduates and undergraduates in Home Economics and special guests came together to honor Dr. Runciman and Professor Cavanagh and to hear the guest speaker, Dr. A. B. Morrison, Chief of the Nutrition Division, of the Foods and Drugs Directorate, Ottawa.

Both speakers of the day gave tribute to the two honored guests in their addresses. Mrs. Mackay, née Dr. Jean Halliday a graduate of Mount Allison and a former teacher in the Sackville High School, spoke feelingly of the exceptionally fine services rendered not only to Mount Allison but a nationwide area by Dr. Runciman in her many years of leadership as Head of the Home Economics Department at Mount Allison. Dr. Runciman has held many positions of responsibility at the national level in the field of Home Economics. Tribute was also paid to Professor Cavanagh's unique contribution as an outstanding teacher and leader. The theme of Mrs. MacKay's address was "The Home Economist—What Responsibilities?"

Dr. Morrison spoke on the subject: "Meeting the World's Food Deficit—A Challenge to Nutritionists." He outlined the present situation in regard to overpopulation, the fact of the overwhelming numbers in the world who are on a bare subsistence level with millions below this and the urgent need for scientific exploration of all possible food sources and their development. Some of these sources he cited with reference to work on proteins available from certain cereal grains, untapped resources of the sea and the production of types of protein foods which can be derived from these sources.

At the end of the banquet a presentation was made to the guests of honor in the form of bouquet of roses and sterling silver rose bowls suitably engraved. The presentations were made by the members of the executive of the Mount Allison Home Economics Society called on by Miss Sandra MacAlpine, president of the Society who was the charming and able chairman of the banquet proceedings.

There are many directions the human mind can take; but the most exacting—and rewarding—is toward another human being. There is hazard in taking this direction, as there is hazard in all use of our human powers. Living itself has to be counted as an act of faith.

Abstracts of Current Literature

Submitted by Faculty of Home Economics
Mount St. Bernard College - St. Francis Xavier University

The effects of a low-fat, low-calorie synthetic nutrient (Metrecal) on gastric secretion and emptying in man.

G. G. CORNWELL and P. G. KILLENBERG; 1965, *The American Journal of Digestive Diseases*, 10:22.

The authors refer to the disadvantage of frequent milk-cream feedings for ulcer patients with complications of obesity and/or atherosclerosis. Recognizing that the particular value of milk and cream in peptic ulcer treatment arises from their buffering properties, their depressing action on gastric secretion, and their effect on gastric emptying time, the authors have studied the effectiveness of Metrecal, particularly in relation to gastric acidity and emptying time.

Gastric acidity was tested in 25 subjects who had previously shown fasting "free"-acid concentrations of 20 mEq/L or greater. Thirteen of the subjects had had peptic ulcer disease but all were without symptoms at the time of the study. Three test meals were used. The Metrecal meal contained 56 grams of unflavored Metrecal dissolved in 8 ounces of tap water (total volume—275 c.c.). The other test meals consisted of 275 c.c. each of (a) homogenized milk, and (b) a 2:1 (by volume) mixture of homogenized milk and 20 per cent cream. Tests were administered at intervals of not less than 4 days, and the time for completion of all three tests did not exceed 4½ months in any individual case. In-vitro experiments were also carried out to compare the buffering characteristics of the Metrecal, milk, and milk-cream test meals.

Gastric emptying time was studied with 26 subjects. Test mixtures included, (1) Metrecal and barium sulphate; (2) plain barium sulphate; and, (3) homogenized milk and barium sulphate. All subjects received the Metrecal-barium meal and the plain barium meal on separate occasions. Fifteen were tested a third time with the milk-barium meal.

The authors observed that the Metrecal meal compared favorably with the milk and the milk-cream test meals in reducing the concentration of "free" acid in the stomach, an effect which they attributed to its buffering capacity. This observation was also borne out in the in-vitro experiments. No significant difference was observed in gastric emptying time for the Metrecal and the milk meals.

The authors suggest that the antacid properties of Metrecal recommend it for peptic ulcer patients with complications of (or tendency to) obesity, atherosclerosis, and hyperlipemia in view of its low levels of calories, total fat, saturated fatty acids, and cholesterol.

Amino acid supplementation of cereal grains as related to the world food supply.

E. E. HOWE, G. R. JANSEN and E. W. GILFILLAN; 1965, *The American Journal of Clinical Nutrition*, 16:315.

It has been well established that the most acute single deficiency in the diet of undernourished people, representing a large percentage of the world population, is high quality protein.

The use of animal protein or vegetable products of high protein content is indeed a possible answer to the problem; however, these are available in inadequate amounts and are too costly to produce in areas where, for economic reasons, the cheaper cereal sources must furnish the major portion of the food consumed.

The fact that cereal grains can be supplemented by amino acids is not new at this time. Here a study has been done to compare the qualities of upgraded cereal grains (using L-amino acids) with high quality animal protein, casein. Populations living mainly on rice, wheat, corn, barley or millet usually have protein intakes approaching the recommended dietary allowances of the Food and Agriculture Organization (one gm. per kg. body weight). The protein deficit, therefore, is primarily one of quality and not quantity.

Winter wheat, yellow corn, barley, white millet, oats, rye, sorghum, polished rice and white flour were supplemented along with bulgur, whole corn meal and degermed corn meal used in the Food for Peace program. The basal diet consisted of casein 10 per cent (1.6 per cent nitrogen), salt mixture 4 per cent, corn oil 10 per cent, cellulose 5 per cent, cornstarch to 100 per cent, and a complete vitamin addendum. The study lasted 28 days; 8 animals were fed each diet. They were weighed at 5-day intervals and finally on the 28th day.

The study revealed that in all cases amino acid supplementation involving only lysine, tryptophan and threonine increased the quality

of cereal proteins to make them comparable to casein. It also showed lysine to be the first limiting amino acid of barley, and threonine the second limiting amino acid of millet and sorghum.

Supplemented cereal grains equivalent in protein value to milk protein provide encouragement in the world-wide fight against protein undernutrition. The study is of particular benefit to undernourished children. Because Kwashiorkor develops chiefly in children maintained on cereal grains, improvement of these should help prevent widespread occurrence of the disease.

French porcelain from the J. P. Morgan collection at Wadsworth Atheneum.

G. Hood; 1965. *The Connoisseur*, 158:131.

The introductory comparison between Meissen ware and that of Vincennes, Sèvres, Chantilly and Mennecey, as progress from an "ebullience which is sometimes coarse to the ultimate serenity of European porcelain" is admittedly unfair because of the separation of the two in time and taste. The German ware is, to a large extent, Baroque, and the French, a reticent Rococo. Both rightly deserve admiration. The porcelain of Vincennes and Sèvres make up the greater part of this collection.

The checkered career of the Vincennes factory is traced from its origin under the alcoholically-inclined Dubois brothers who were installed by Orry de Fulvy, in 1738, in a disused royal chateau at Vincennes. The factory was given, by the art-conscious Louis, the exclusive right to manufacture porcelain in competition with Meissen. Vincennes grew in importance under the patronage of Madame de Pompadour until the death of de Fulvy in 1751. Shortly afterwards it was transferred to Sèvres, adjacent to Madame de Pompadour's chateau, where it came precariously near to collapse until taken over by the king. From this time on, to the advent of Wedgwood, Sèvres dominated the European porcelain market. (Various illustrations reproduce pictorially the word descriptions of rare pieces from Vincennes, Sèvres, Mennecey and Chantilly.)

With the rise in popularity of soft paste biscuit ware there is an increasing sculptural heaviness of larger forms such as vases. Chantilly has a more winsome appeal than Sèvres products. Unfortunately, figures from Chantilly are extremely rare because of their limited production.

Mennecey porcelain pieces stand midway be-

tween the purity of Chantilly and the richness of Vincennes.

As an overall representation of French porcelain, the J. P. Morgan collection of Sèvres ware is notable.

Effect of grade on quality of roast beef chuck.

LOIS R. SEIDLER and LEVELLE WOOD; 1965. *Journal of the American Dietetic Association*, 46:205.

One of the many problems confronting food managers, whether in the home, school, or in an institution, is the purchasing of quality meat at reasonable prices. The manager usually specifies grade in ordering meat and is willing to pay the higher prices for the higher grades. But is it an undisputed fact that meat grades are an accurate indication of quality?

In this experiment the authors studied the effect of grade on the yield and over-all acceptance of roasts of two different grades.

Eight-lb. center cut chuck roasts of Choice and Commercial grades of beef were cooked to internal temperatures of 140°F. (rare), 158°F. (medium), and 176°F. (well-done). They were evaluated, objectively and subjectively, on preparation losses (evaporation, drip, trim and juices), yield, tenderness, flavor, and over-all acceptability.

Preparation losses for both grades of roasts increased as internal temperatures increased. Evaporation during cooking accounted for over half of the total cooking losses, and drip loss for 6 to 11 per cent. Trim and juice losses (cutting losses) accounted for about one-fourth of the total preparation losses. The loss in trim in the roasts cooked to the higher internal temperatures was due to crumbling as the roasts were sliced. The juice losses decreased proportionately with increased internal temperature, which correlates with the increase in evaporation and drip losses at the higher temperatures.

The effects of both grade and internal temperature on cutting losses were computed to be significant, but the effect of the interaction of grade and internal temperature was not significant.

Yield was determined by the number of 70 gm. servings obtained from each roast. A decrease in yield occurred as degree of doneness increased. The effect of grade at the three internal temperatures was not significant.

The panel of judges' scores for juiciness and tenderness, and over-all acceptability were higher for Choice grade than for Commercial

grade at all three internal temperatures. Flavor scores were higher for Choice grade at the raw and well-done stages, while the Commercial grade rated higher at the medium stage of doneness.

The results of this experiment may be summarized as follows: (1) Losses in cooking were affected by internal temperatures, but not by grade. (2) Yield per pound raw weight decreased with increased internal temperature, but was unaffected by grade. (3) Choice grade roasts had a higher general acceptance than did Commercial grade roasts.

The fabrication of stretch apparel.

EDWARD J. BERNIER; 1965. *Modern Textiles*, 46:3, 67-75.

Stretch in fabrics is not new. But stretch fabrics are; and their large-scale introduction is said to be one of the most significant textile developments of the sixties.

The stretch concept is based on the idea of making garments that move with the body. Stretch fabrics are intended to create action where it is needed, and to recover when stress is relieved.

This article, designed primarily for those concerned with the commercial fabrication of stretch garments, contains valuable information—pertinent and practical—for anyone working with stretch fabrics. A knowledge of the problems that stretch fabrics present, and a solution for these problems is requisite for satisfactory workmanship on the part of the maker, and satisfactory performance of the garment. The author discusses these problems and suggests practical solutions, using diagrams and tables to illustrate and supplement his remarks.

Stretch fabrics require expert handling. They should be chosen carefully and for a particular purpose. The fabric should be fully relaxed before cutting, and the cutting instrument must be kept very sharp. The type of seam and stitch used should insure adequate stretch, stretch recovery, adequate strength, security and durability. It is important to maintain minimum thread tension, balanced stitch formation and light pressure. Equally important is the type of thread used. It should have high elastic stretch, high strength, minimum bulk and abrasion resistance.

It should be remembered that lining, interfacing and non-detachable trim should have dimensional stability similar to the stretch fabric.

Watch for . . .

THE FALL 1965 ISSUE OF THE VOGUE-BUTTERICK SCHOOL CATALOG

Which will be distributed to Home Economics Departments in colleges, technical, vocational, senior and junior high and senior public schools, also to extension Home Economists, for the opening of the fall 1965 term.

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College Clubs

Mount Allison University

Our club has one member of the executive chosen from each class and meets about twice a month. Sometimes we have a guest speaker at our meetings from the Home Economic profession or its related fields. This year we have had the following speakers at our meetings:

1. Mr. Groves, a retail buyer from Eaton's who spoke on various aspects of his field, for example: different modes of buying, stock control and he discussed fashion fabrics.

2. Miss Jeannine Haché, an Extension Worker for the Department of Agriculture in New Brunswick who spoke on her field of employment, for example: working with 4-H Clubs and traveling around to smaller communities.

3. Helen Crocker, a TV worker from Moncton, who has her own show, gave a talk on her TV program and what it consists of, she also demonstrated how to make candles from ice. Also this year the girls in the Club chartered buses and a field trip was taken to Moncton to visit a hospital and woolen mill.

Our Club's most important activity this year was the organization of a reunion for two professors who are leaving: Dr. Runciman and Miss Cavanaugh. About 100 Mount Allison Home Economic graduates were able to participate. The activities during the day consisted of tours of the campus, a fashion show and a banquet where Dr. Morrison, a nutritionist from Ottawa, was guest speaker.

One of the projects of the Home Economic Club is to run a Tuck shop in the three women's residences for one-half hour, six evenings a week. As the Home Economics students take turns working, the girls get experience in bookkeeping, and the profits which are usually around \$400 per year go toward new books in the Home Economic library. We feel that this is a most successful project and would highly recommend it to any club for fund raising. We think that our Club has a great deal of spirit and I would like to give credit to Sandra McAlpine, the Club president for the year 1964-65, for her keen interest and for the amount of work she did for our reunion.

Catherine Cooke

Book Review

French Provincial Cooking, by Elizabeth David. Publisher: Penguin (Canadian Distributors). Price \$1.65. 589 pages. Recommended for University, Teacher reference and Home Economists.

Elizabeth David's publication, "French Provincial Cooking" provides interesting and pleasant reading.

Home economics teachers, food editors, university students and adventuresome homemakers will be especially interested in this book which, in addition to descriptions of life in middle-class provincial kitchens and a good variety of authentic, well-tested recipes, includes a weight and measure table, comparative meat chart, herb and spice guide, an illustrated section on kitchen

equipment selection, and a bibliography. Special attention should be given to the sections on sauces, eggs, cheese, and vegetables.

Mrs. David states that the dishes described are lovely without being rich or grand and the materials are the modest ingredients you would expect to find in a country garden, a small farm, or in a market of a quiet provincial town.

This book is recommended, too, for anyone planning a visit to provincial France.

—Mary McGrath,
Home Economist,
Ontario Dept. of Agriculture.

Book Review

The Goodhousekeeping International Cookbook, by *Dorothy B. Marsh*, Longmans Canada Limited (Canadian Distributors). Price \$4.95. 245 pages. Recommended for Senior High School and Teacher Reference.

The Good Housekeeping International Cookbook is the result of such factors as the heritage of cookery lore brought to the Foods and Cookery Department by staff members from other countries and the public's interest in foreign recipes. For these reasons it should stimulate interest in foreign cookery. It provides a comprehensive well-organized collection of 312 recipes from 62 countries and regions. The

cuisine ranges from Europe, the Middle East, the Far East, Africa, the Caribbean Islands, Oceania, North America and South America. The dishes range from Italy's tender pastas, to Israel's honey cake, Japan's sukiyaki, Morocco's couscous, Haiti's sweet potato loaf, and France's pot au feu.

Every recipe has been adapted to American standards of measuring. Conversion tables are also included to change measurements into terms of other countries.

While it is not recommended for the novice, a skillful cook will find it contains limitless ideas for adding variety and zest to daily menus.

—J. Peckham,

Consultant in Home Economics.

DEPARTMENT OF PUBLIC HEALTH

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WHO'S WHO

(Continued from page 45)

of Bleach and Duration of Contact with Clothes on Reflectance and Tensile Strength Measurement, Canadian Journal of Home Economics, June 1963, Singer and Ashton; A Special Study to Assess Values of Degree Graduates in Home Economics, Macdonald Institute, Guelph, Ont., a mimeographed study prepared by Mary E. Singer and research assistants Mrs. Gordon Ashton and Mrs. Orma Paige. The March 1965 issue of the Canadian Journal of Home Economics carries a report of a study on retirement, by Mary E. Singer and Emily Ashton, under the title, "Retirement Can Be What You Make It."

Dr. Singer lists as published research work her doctoral thesis — Energy Expenditure and Its Relationship to Working Heights, Space and Methods of Work in the Performance of a Household Task.

Art and travel widen Dr. Singer's interests.

PROVINCE OF ALBERTA



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*American Heart Association: "Planning Fat-Controlled Meals for 1200 and 1800 Calories", N.Y.C., 1962.

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